

## **APTitude Suggested Reading List**

- Too Much of a Good Thing: Raising Children of Character in an Indulgent Age - Dan Kindlon
- The Pressured Child: Freeing Our Kids from Performance Overdrive and Helping Them Find Success in School and Life - Michael Thompson PhD.
- The Price of Privilege: How Parental Pressure and Material Advantage Are Creating a Generation of Disconnected and Unhappy Kids - Madeline Levine
- Alpha Girls: Understanding the New American Girl and How She Is Changing the World - Dan Kindlon PhD
- Reviving Ophelia - Mary Pipher PhD
- Raising Cain: Protecting the Emotional Life of Boys - Dan Kindlon and Michael Thompson
- The Schools Our Children Deserve: Moving Beyond Traditional Classrooms and "Tougher Standards" - Alfie Kohn
- A Whole New Mind: Why Right-Brainers Will Rule the Future - Daniel H. Pink
- Outliers: The Story of Success - Malcolm Gladwell
- Mindsets – Carol Dweck, PhD
- The Blessings of a Skinned Knee: Using Jewish Teachings to Raise Self-Reliant Children - Wendy Mogul

- A Mind at a Time – Dr. Mel Levine
- The Myth of Laziness – Dr. Mel Levine
- Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children - Linda Lantieri and Daniel Goleman
- Under Pressure: Rescuing Our Children From the Culture of Hyper-Parenting – Carl Honore